

Red Rock RPC MAY 2015

The Voice of One, the Power of All

National Prevention Week

This year, National Prevention Week is May 17-23. National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. The theme for 2015 is "The Voice of One, the Power of All," highlighting the important role that individuals and communities have in helping people lead healthy, productive lives.

National Prevention Week is held each year near the start of summer. Summer is a season filled with celebrations and recreational activities where substance use and abuse can happen, such as graduation parties, proms, weddings, sporting events, and outdoor activities. National Prevention Week is timed to allow schools to take part in a prevention-themed event before the school year ends, raising awareness in students of all ages, and helping to educate young people and their families at this crucial time of year. According to NSDUH, the percentages of marijuana, cigarette and alcohol initiates among youth increase between spring (April and May) and summer (June and July). National Prevention Week is the perfect time to educate young people and families during this crucial time of the year.

The Regional Prevention Coordinator (RPC) located at Red Rock Behavioral Health Services in Clinton, OK is one of seventeen RPC's in the state. Our primary focus is to serve as a community resource. Red Rock RPC educates and informs communities through multiple strategies including community based services, environmental strategies, early recognition, and referral. Red Rock RPC provides services to Beckham, Blaine, Caddo, Custer, Dewey, Greer, Kiowa, Roger Mills and Washita Counties.

Red Rock RPC takes a proactive approach in reducing substance abuse among communities, specifically underage drinking and adult binge drinking. They identify factors in a community that cause the risk of substance abuse and work to promote protective factors that serve to minimize the risk of substance use/abuse.

If you would like more information on National Prevention Week please visit www.sahmsa.gov/preventionweek. Red Rock RPC is funded through the Oklahoma Department of Mental Health and Substance Abuse Services. For more information about the Regional Prevention Coordinator please visit www.redrockrpc.com or contact the Red Rock RPC at 580-323-9736.

Regional Prevention Coordinator-Region 12 is funded by the Oklahoma Department of Mental Health and Substance Abuse Services

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Did You Know?

- Oklahoma's Social Host Law means that if you let underage drinking occur at your house or on your property, you will get fined , up to \$500 for the first offense.
- Fetal Alcohol Spectrum Disorder (FASD) is 100% Preventable!

What's Happening?

- May 1-Custer County CHAT Coalition, noon, Clinton
- May 5-Blaine County CHAT Coalition, noon, Watonga
- May 13-Caddo County Interagency Coalition, noon, Anadarko
- May 18-Kiowa County Coalition, 1:00 p.m., Hobart
- May 21-OUR Turning Point Coalition, noon, Elk City

Take Back Your Health Day

The 2015 Take Back Your Health Screening and Information Day will be on Friday, May 8th, 2015 from 9:00 a.m. to 1:00 p.m., at the Red Buffalo Hall, 511 E. 4th St, Carnegie, OK.

Topics include: free health screenings, injury prevention, physical activity, healthy eating, and tobacco cessation. Also, bring any unused/expired prescription drugs that need to be disposed to drop off at the Take Back Your Health Day and be entered into a drawing for a prize!

For more information, please contact Lauren Greenfield at Red Rock RPC at 580-323-9736.

FREE RESOURCES!

If you would like to order free clearinghouse materials regarding Alcohol, tobacco, or other drugs please visit www.odmhsas.org/resourcecenter.



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